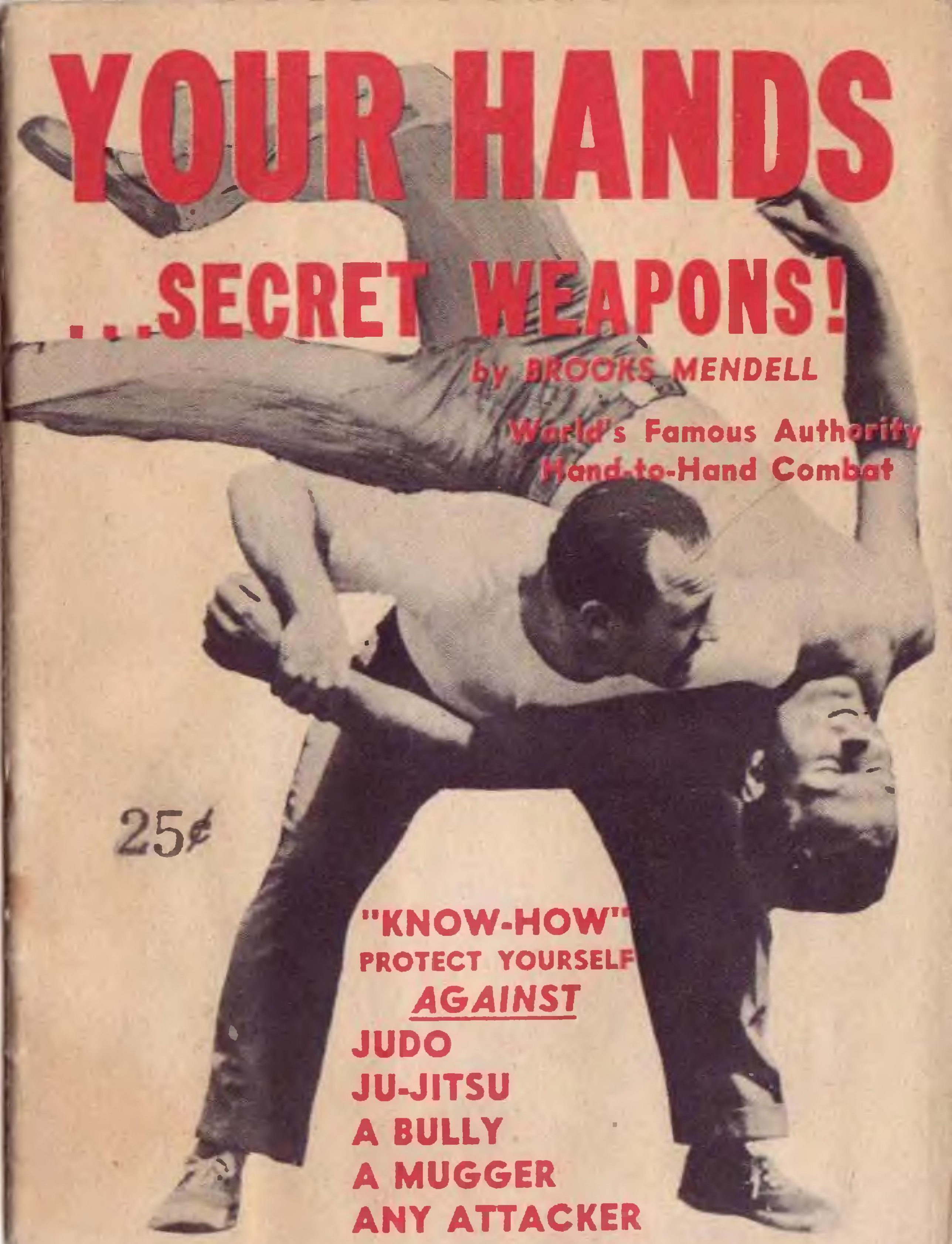
YOUR HANDS

...SECRET WEAPONS!

by BROOKS MENDELL

World's Famous Authority
Hand-to-Hand Combat



25¢

"KNOW-HOW"
PROTECT YOURSELF
AGAINST
JUDO
JU-JITSU
A BULLY
A MUGGER
ANY ATTACKER

What This Man Has Done

BROOKS MENDELL has, for 4 years, been teaching his method to officers, physical instructors, and men in the U. S. ARMY AIR FORCES, and in other branches of the ARMY, NAVY, MARINES, STATE GUARDS — and to pre-induction draftees.

Has given a special course to pilots and crews of battle planes, and the Anti-Submarine Command.

High Officials and Overseas News Agency have praised his work as an outstanding war contribution.

Started Commando and Pre-Ranger training here in America.

His method praised by Major E. Briscoe, R. A., British Army, who has trained thousands of British Commandos and was brought to America to train our men in tactics.

He was lauded by the Cuban Government for setting up a national training program for boys. His program has spread throughout South America.

Has studied the fighting techniques of every country. Long before the war, drew attention to the physical training efforts of Germany and Japan; helped to further counter action in this country.

Was an all-around "scholar-athlete" at Syracuse University, starring in boxing, basketball, and football — while majoring in psychology. Later continued graduate work at Yale. Is an expert and is today active in 14 different sports.

He lectured and demonstrated his "I-do" Protect Yourself (Health Through Sports) system before officer teachers at the U. S. Army Special Service School, Lexington, Virginia and the War College at Washington, D. C. Is now helping to rehabilitate our war casualties.

U. S Army Camp News Service — Stars and Stripes.

"The War Dept. has sent Brooks Mendell's book "Protect yourself" to camp libraries throughout the world. He shows you how to check your own personal aggression and hostility. At the same time you learn how to protect yourself against any type of physical attack. Brooks Mendell also shows you how with his "I-do" Protect Yourself system you need not fear Joe Louis or Billy Conn."

His methods are being successfully used by many separate groups throughout the country, comprising three million individuals in N. Y. State alone.

Your Hands . . . Secret Weapons!

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Dedicated . . . To the Youth of today — future citizens of the world — who pledge themselves to check their own personal aggression and hostilities and to work together for a tolerant and unified world.

INTRODUCTION

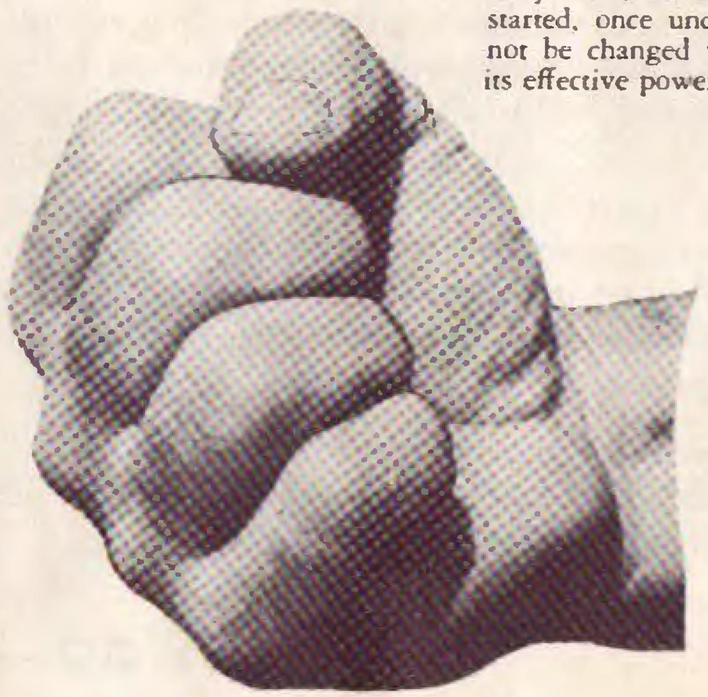
The system of defense in hand-to-hand encounter that you will learn from the following pages has been developed through trial and error over a period of twenty-five years, beginning in the author's early youth. It grew from the realization that self-confidence, which should be acquired in childhood, is an all-important factor in later-life relationships, and that confidence in one's bodily control, as first evidenced in childhood games and group sports, is of great importance in the development of that self-reliance. This system may be paced and adapted to many uses — by men, women, and children of any age. *It is basically an education for living, not for fighting.*

With my secrets of hand-to-hand defense you should be able to protect yourself scientifically against even a much bigger and stronger attacker!

— LETS GO —

6 Ways

To Use Your Hands . . . That are *BETTER* Than Fists

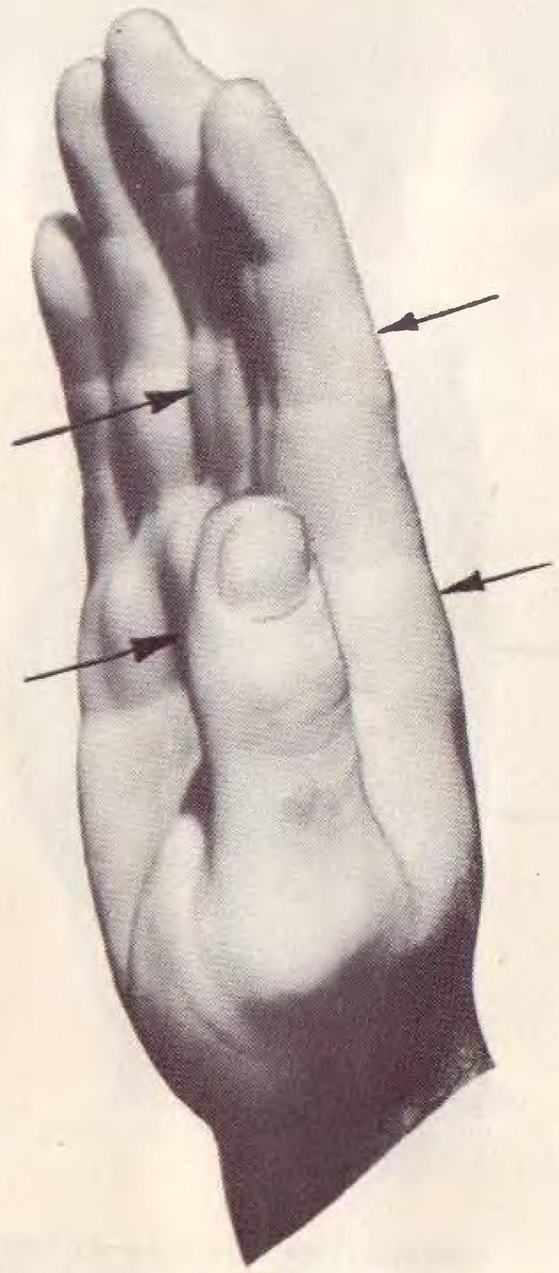


THE HAND
A MANY-SIDED BLADE

The fist, contrary to a traditional belief, is only one of the many weapons at our disposal for self-protection. Nor is it by any means the most effective. Besides the first, or bludgeon, the hand may become a hatchet, lance, club, pike, saber, or cleaver.

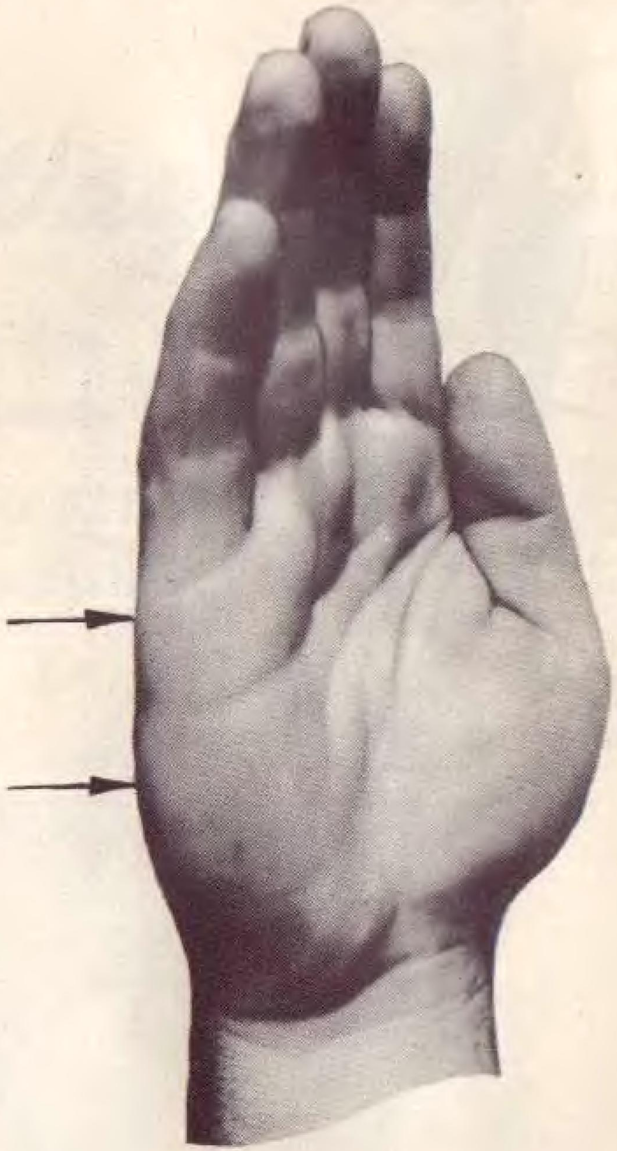
With this time-honored weapon, there must be perfect coordination and timing, backed up by the full momentum of the body, if a specific target is to be reached. The slightest shift or movement of the opponent's body causes the blow to miss the target. Since the attacker's body must be set before the blow is started, once under way its course cannot be changed without losing most of its effective power.

MENDELL HAND-BLADE IN DEFENSE



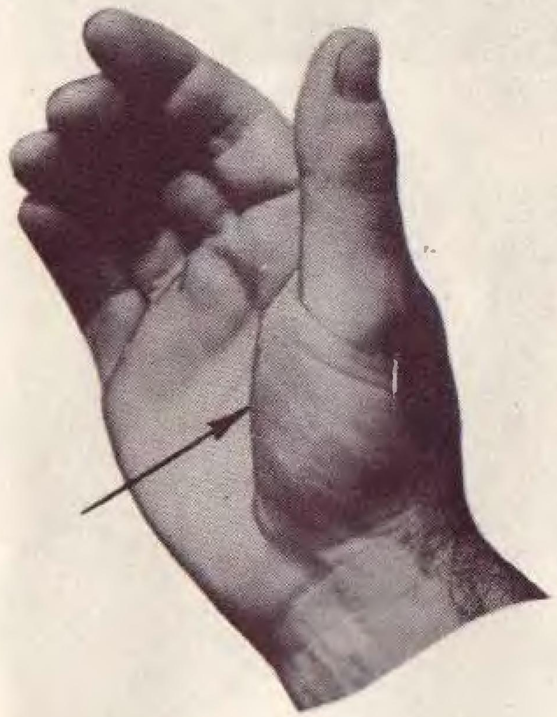
The inside of the hand or the back of the hand may become a very effective close-range defensive weapon to parry and block.

MENDELL HAND-BLADE



Held firmly, the edge below the little finger may be used as a cleaver or hatchet on a down stroke, or by swinging it to the outside. It becomes a saber when making a down sweep from the outside.

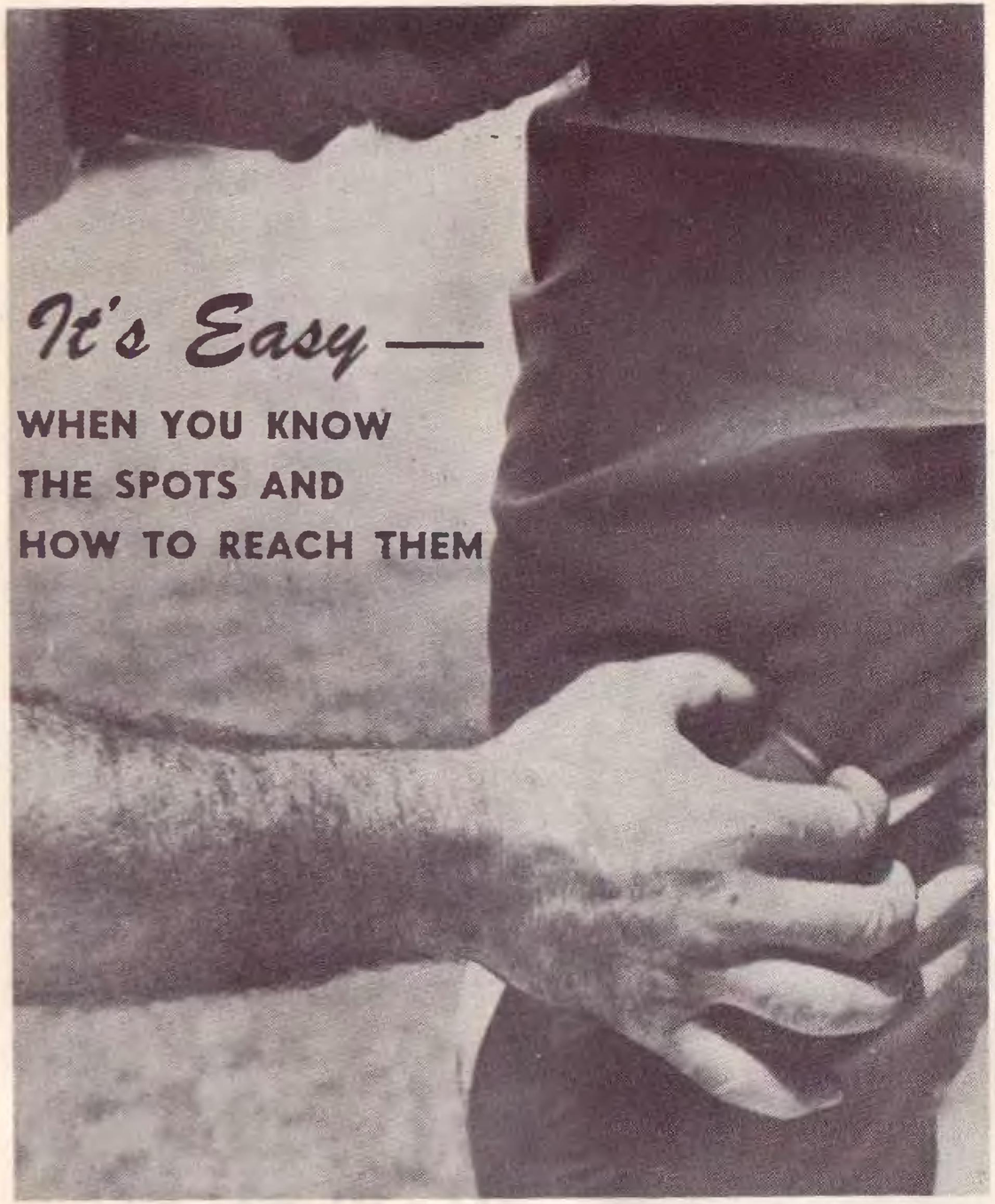
Bent knuckles form a blunted lance which, if accompanied by a corkscrew twist and supported by the arm and shoulder muscles, is much more effective than the fist.



The heel of the hand is backed by the full weight and strength of the body where power and leverage are demanded.

see pages 24 & 25

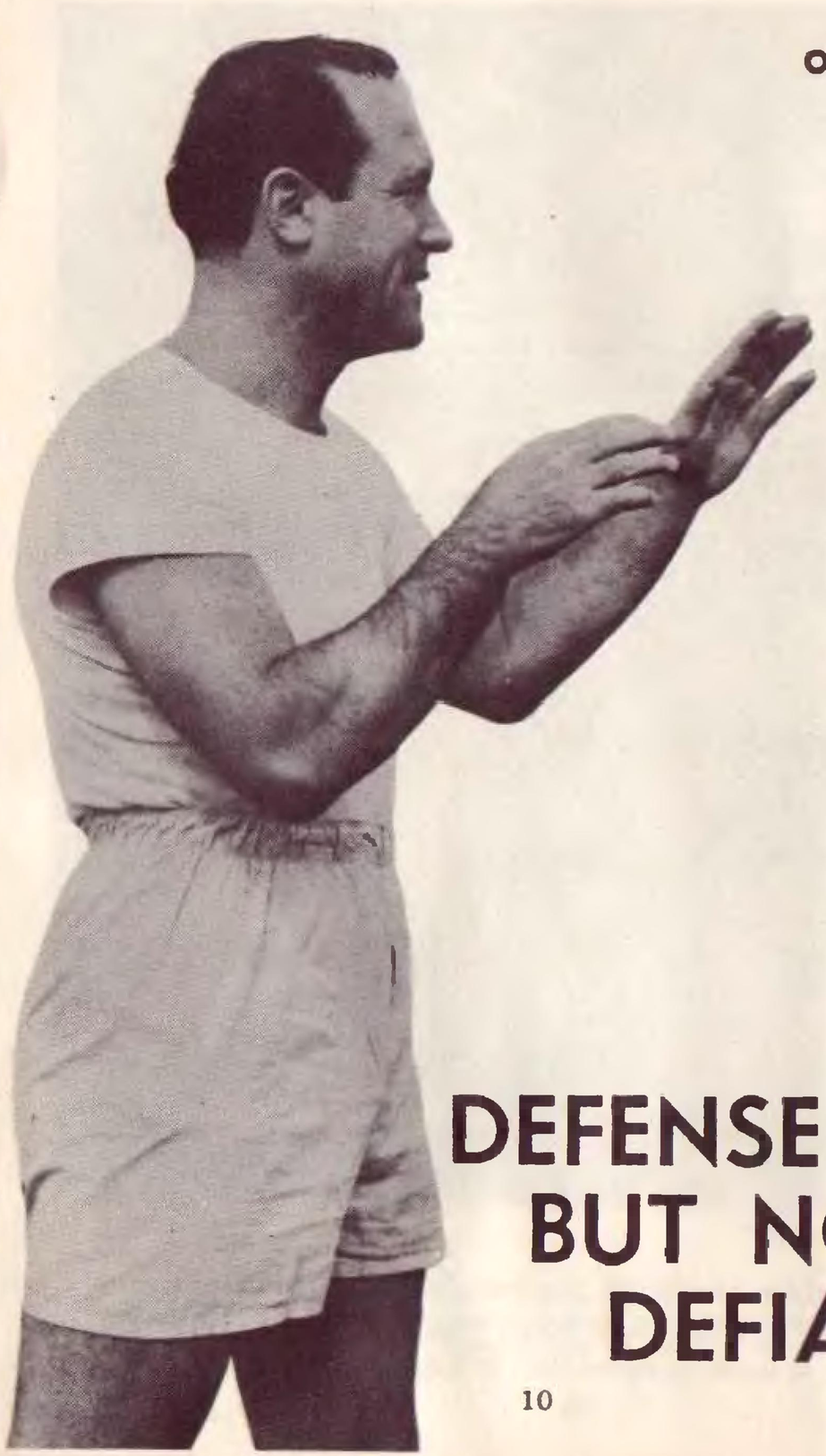
Thumb and fingers, when used properly, are levers, pincers, and wrenches against vulnerable spots such as nerve centers.



It's Easy —

WHEN YOU KNOW THE SPOTS AND HOW TO REACH THEM

This close-up shows the two-finger twisting pincer on the nerve which will force your assailant to release his hold. It looks simple—but it works! See page 32



ON GUARD!

DEFENSE— BUT NOT DEFIANCE!

HERE'S HOW TO USE THEM . . .

With left leg advanced, arms raised, and palms open, Brooks Mendell's appearance says better than words, "I'm not looking for trouble — let's be reasonable." Yet he is in the strongest possible position for defense ready for whatever move an aggressor may make. He is poised, calm, and master of the situation, though he may be out-matched in skill, weight, and size.

This position is the perfect defense attitude. Every part of the body is set naturally to meet and outmaneuver an attacker, whether he tries to use fists, hands, arms, or feet. And even though he is armed with a knife or club, the advantage may still be yours. You will be poised to sidestep or sway out of range of the most headlong and desperate attack — and, as your attacker is momentarily thwarted, he will be unable to protect all of his vulnerable points; if you know what to do, he will soon be at your mercy.

In the following pages you will learn a variety of defense tactics, simple yet highly effective, designed to meet and overcome any form of expected or surprise attack. When you have mastered them, the secret weapon will be yours.

Remember — your body is an Arsenal of Defense in Action.

Hold This Page Open as You Study On Guard Positions.

AGAINST A STRONG SKILLED ATTACKER

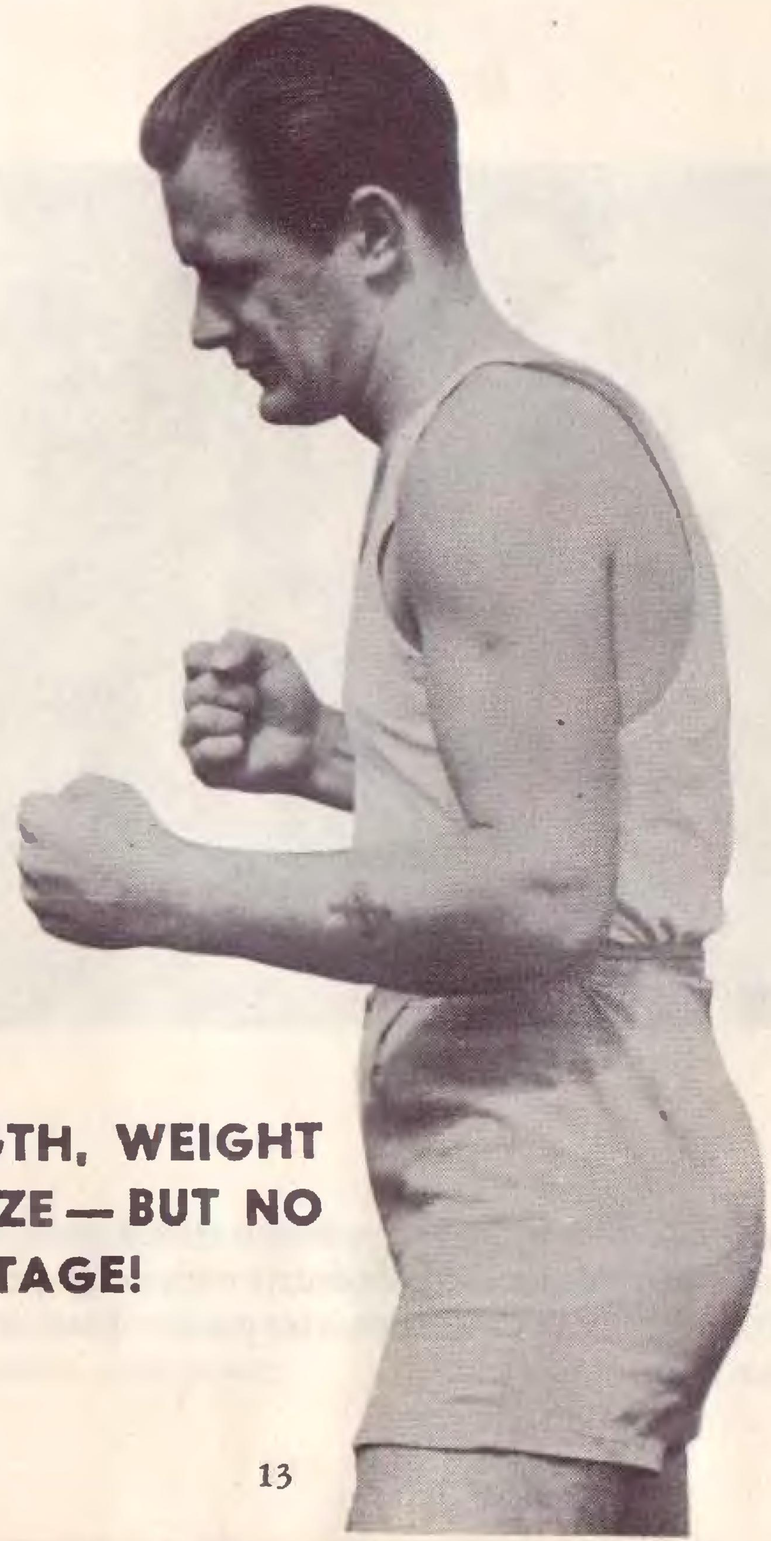
There is a special weapon at your instant command designed to reach and inflict punishment on all of these vulnerable points. For the sake of comparison the traditional pose of the fighter is shown, but the vital spots apply to any adversary.

In comparing this picture with the one on page 10, note particularly the position of the right hands in both. The fist of the fighter has to travel much farther to reach his opponent. The comparative weaknesses and advantages of these stances will become more apparent as you proceed through these pages.

A powerful attacker is no stronger than his weakest point, and, as shown above, he has many of them. Every nerve that can be reached, every joint of his body — even his own strength and momentum — can be used against him.

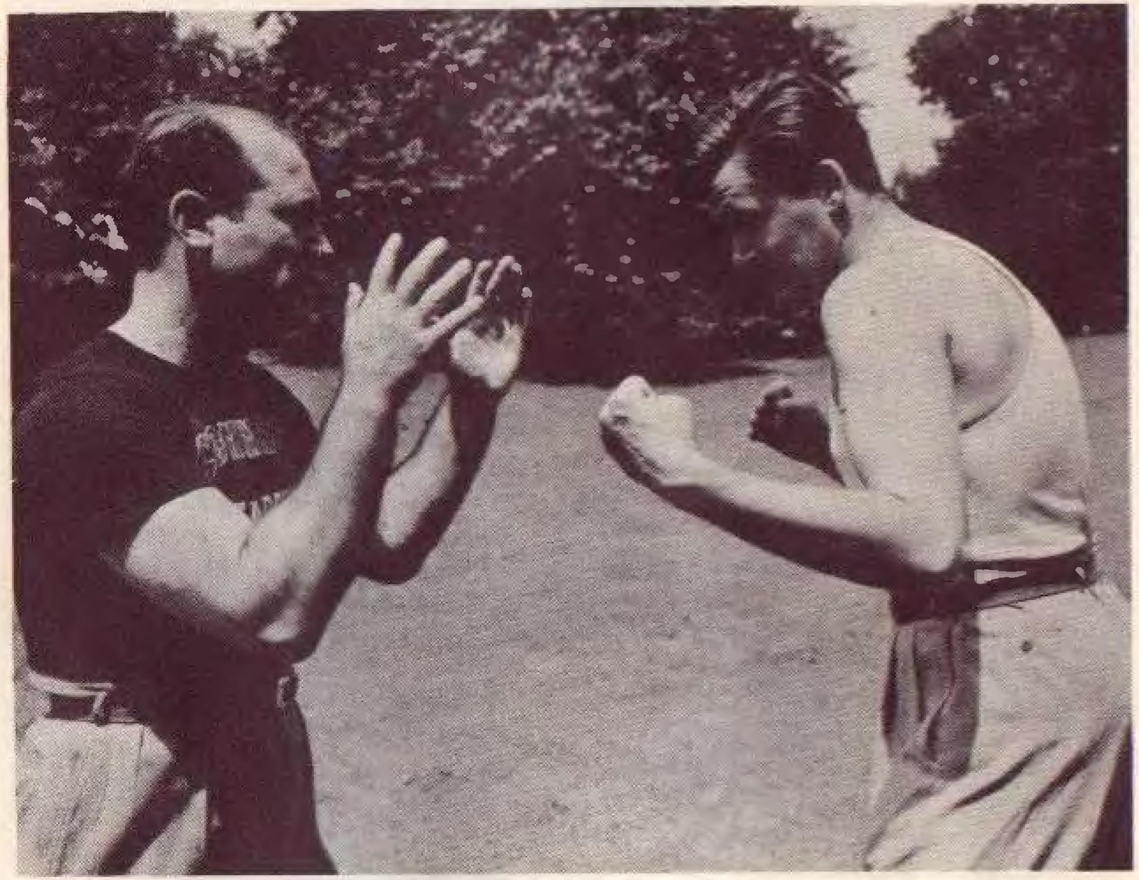
His feeling of confidence in superior strength especialy will work to your advantage, for he will probably attempt to overcome you first by direct blows which you can easily parry. This will give you the opportunity you need to reach his vulnerable spots and get him under control before he can reorganize his plan of attack. You will also have the element of surprise in your favor.

YOUR ATTACKER



STRENGTH, WEIGHT AND SIZE — BUT NO ADVANTAGE!

HAND VERSUS FIST



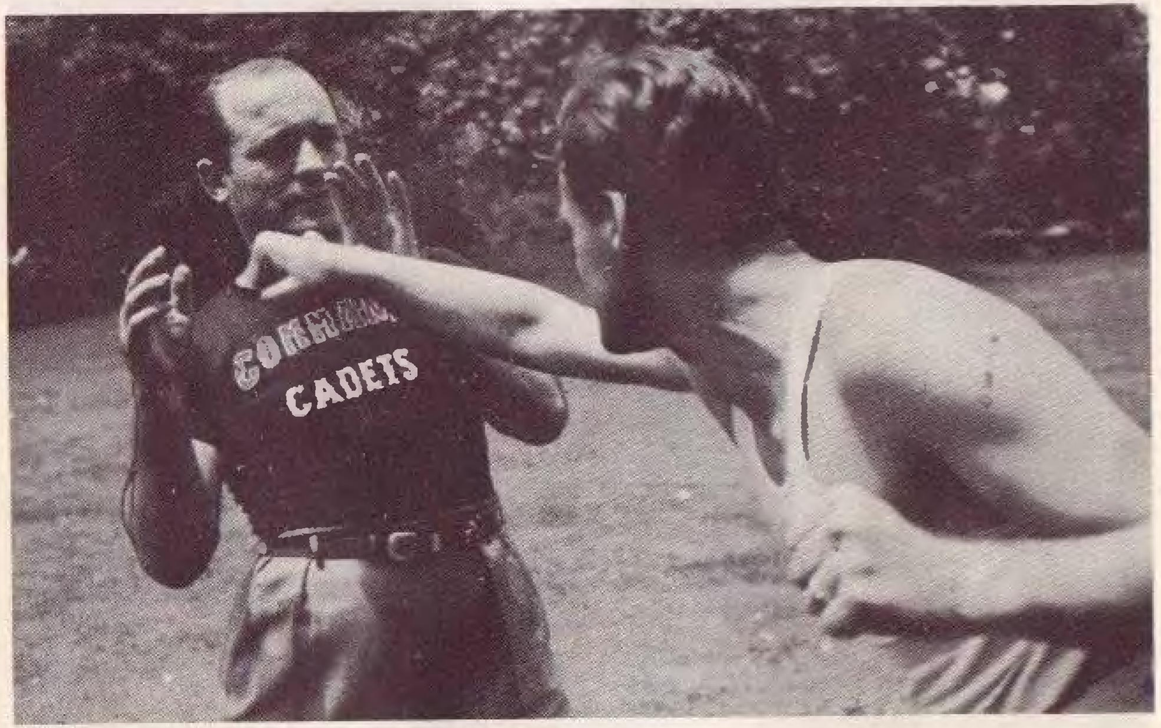
Comparative positions: the boxer stands with his left arm extended and fists clenched; Mendell with body perfectly balanced, left foot forward, hands open to protect head, elbows down to protect body.

MENDELL HAND-BLADE IN DEFENSE

A left jab or straight punch to the chin is parried with the palm of the right hand, and the blow is diverted from its intended course. Mendell's open hand provides maximum surface for protection and gives greater control and power.

PARRYING A STRAIGHT RIGHT

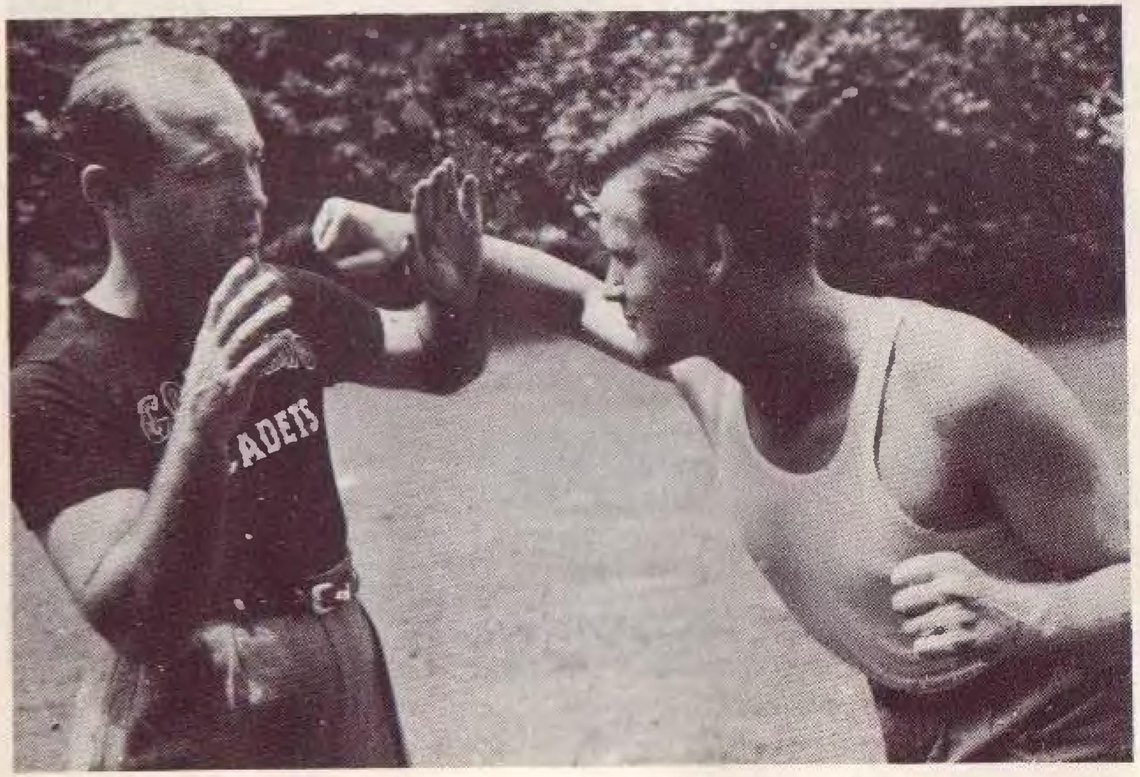
BLADE VERSUS BLUDGEON



Parrying a straight right to the chin with the palm of the left hand. This is not meeting force with force, but merely diverting the blow from its intended target, which takes less strength and energy.

BLOCKING A RIGHT HOOK

HAND-BLADE IN DEFENSE



Blocking a right hook to the chin with the back of the left hand. The hand and arm which are not engaged are always on guard against the adversary's other fist.

BLOCKING A LEFT HOOK
HAND-BLADE IN DEFENSE

A left hook to the chin is blocked by the back of the right hand, which again diverts the blow from the target.

Hold your arms relaxed, but firm enough to meet his next move and ready to counter it.

Note that these are purely defensive moves. Counter and attack measures follow.

MENDELL'S HAND-BLADE COUNTERS —
Defense in Action Against Attacker's Straight Left

Using this defense you are completely out of range of your assailant's blow when you counter with your hand-blade to the nerve center near his wrist.

Defense in Action Against Attacker's Left Hook

This trick alone should protect you against anybody who "throws a punch" at you — once you know it thoroughly. It will repay plenty of practice. And it's especially good for a *short* person defending himself against a taller one!

In practicing with a friend, first study these pictures carefully — get a clear idea of the various motions in your mind. Then start off by going through them in a sort of "slow motion" way. Aim at being correct — speed and strength will come later!

1. This demonstrates the use of the right hand-blade against nerve near wrist when countering a left hook.

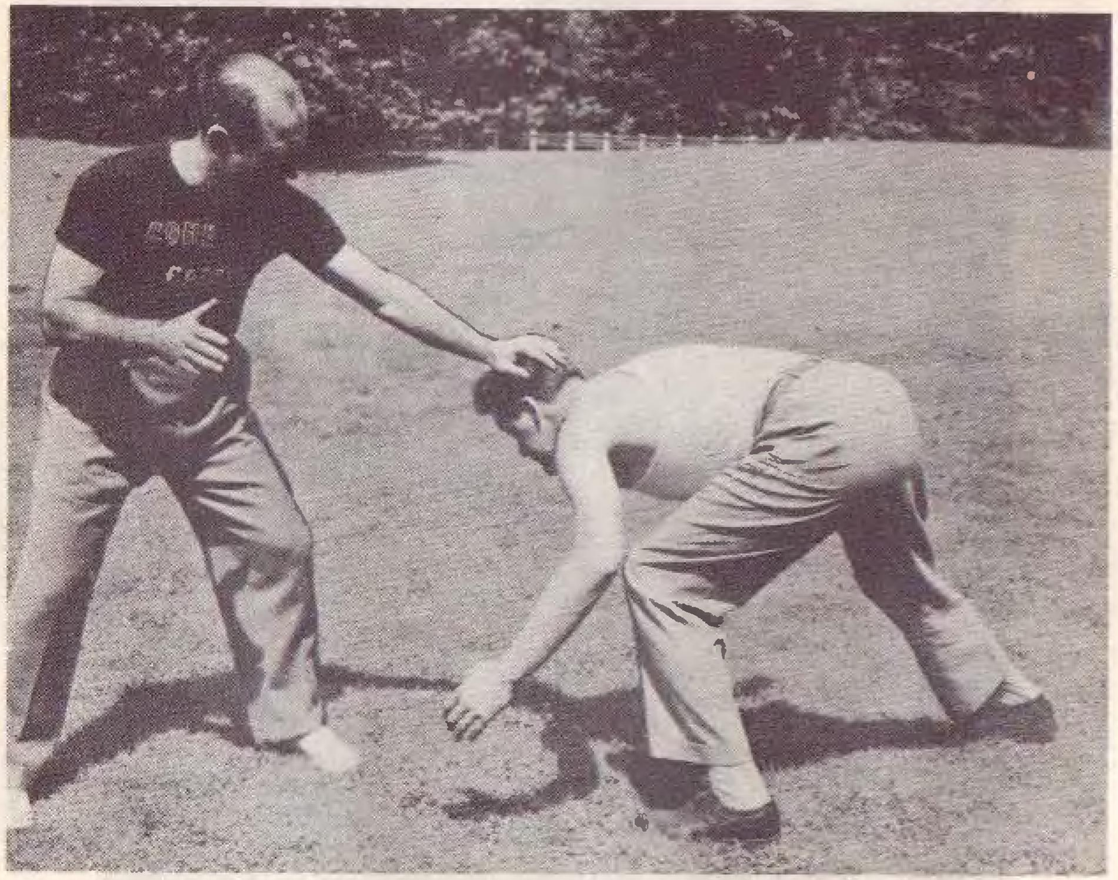
2. Here your right hand grasps your adversary's left below the elbow, while your left remains on guard.

3. Take a short forward step before you cross over to lock his leg; your left hand then grasps his upper right arm, with your thumb on the nerve center. You are now ready for the throw.

4. Pull down and to the right with your right hand as you push with your left, and your opponent is forced over the fulcrum of your leg — nothing can prevent his falling.

A FIRST PRINCIPLE OF DEFENSE

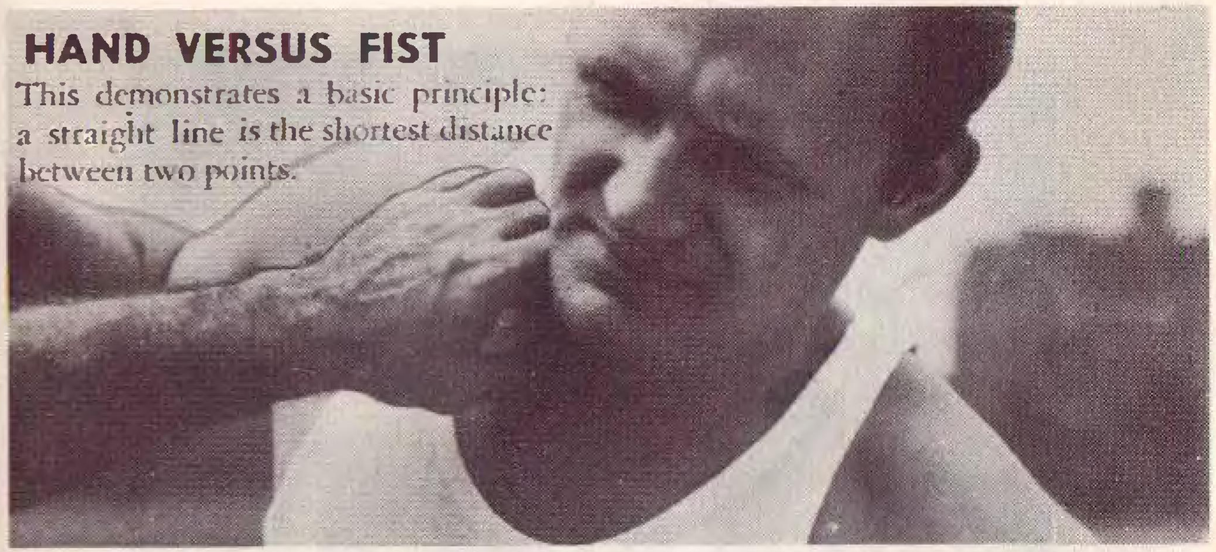
Never let an attacker get his hands on you.

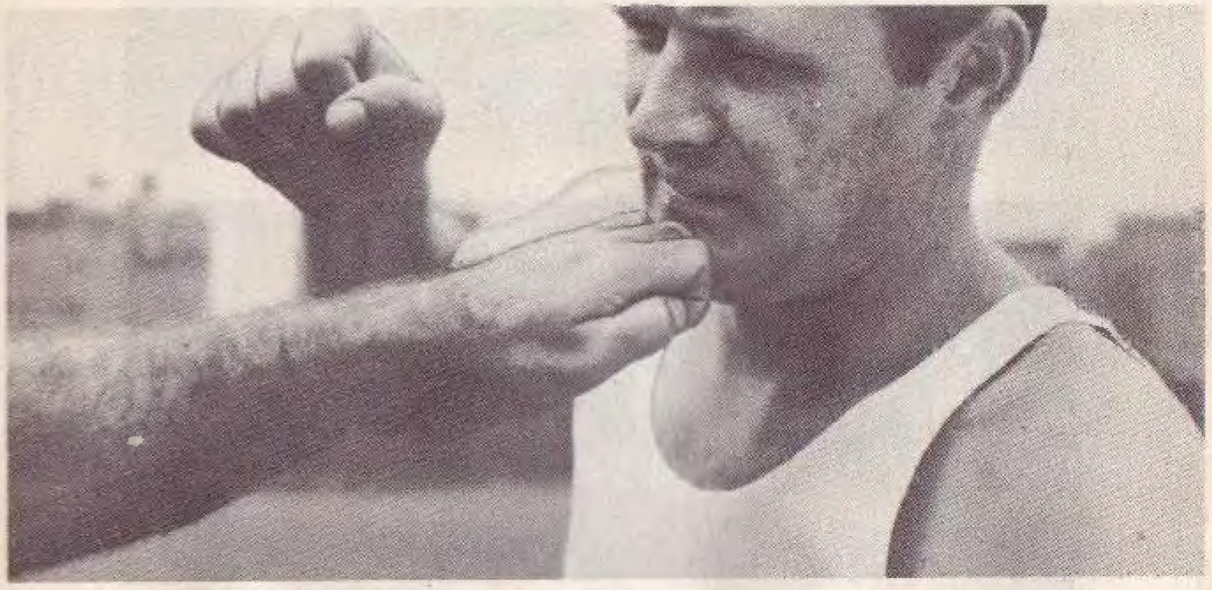


1. A flying tackle, when attempted in blind rage, can be extremely dangerous. Meet this with an effective tactic—remain in "on guard" position, leaning slightly forward to absorb shock, extend rigid arm with open-palm to your attacker's head.

HAND VERSUS FIST

This demonstrates a basic principle: a straight line is the shortest distance between two points.





1. Comparative positions: the boxer stands with his left arm extended and fists clenched; Mendell with body perfectly balanced, left foot forward, hands open to protect head, elbows down to protect body.
2. A left jab or straight punch to the chin is parried with the palm of the right hand, and the blow is diverted from its intended course. Mendell's open hand provides maximum surface for protection and gives greater control and power.

NO SPECTATOR SPORTS THESE

Boys trained like these will never want "just to watch." They know they can participate in any sport with the best of them. This knowledge gives them all-important self-confidence on the athletic field, and something more — a confidence in their ability to meet life situations effectively.

Since the Mendell system is based on the prinicple of each making the best possible use of all his powers, both physical and mental, it does not stop with mere muscle-training. In addition the child learns something more important — that sports and exercise are not ends-in-themselves, but means toward the higher goal of emotional stability and mental health.

MISS DYNAMITE

The following can be guaranteed to discourage the advances of any male. They are not, however, recommended as desirable additions to a woman's wiles, nor are they to be confused with coyness.

1. It is easy to break a wrist grab by pulling against your assailant's thumb toward your body; the important thing is to be braced as your wrist is released.

Defense in action against a potential mugger.

2. With a pendulum swing drive the blade of your hand back to his upper lip. A little practice will show how easy it is to break various wrist grabs.

Defense in action
Against Mugging or front 2 hand choke
"Mendell Irresistible Lever."

This is a little more strenuous but equally disconcerting. Drop to your right knee and extend your left foot forward to act as a fulcrum. At the same time pull with your right arm and push with your left. Gravity does the rest.

Defense in action against a potential mugger.

The girl is more surprised than the man! With leverage alone she throws an attacker twice her size and weight.

Your body is an arsenal for defense in action. Learn body awareness the easy way.

Army teachers and students watch Mendell break a neck strangle by reaching for one of the 37 "weak spots" of attacker.

Mendell pincer — against nerve of stranglers leg could save your life. Notice Mendell's right knee go into action against attackers right leg.

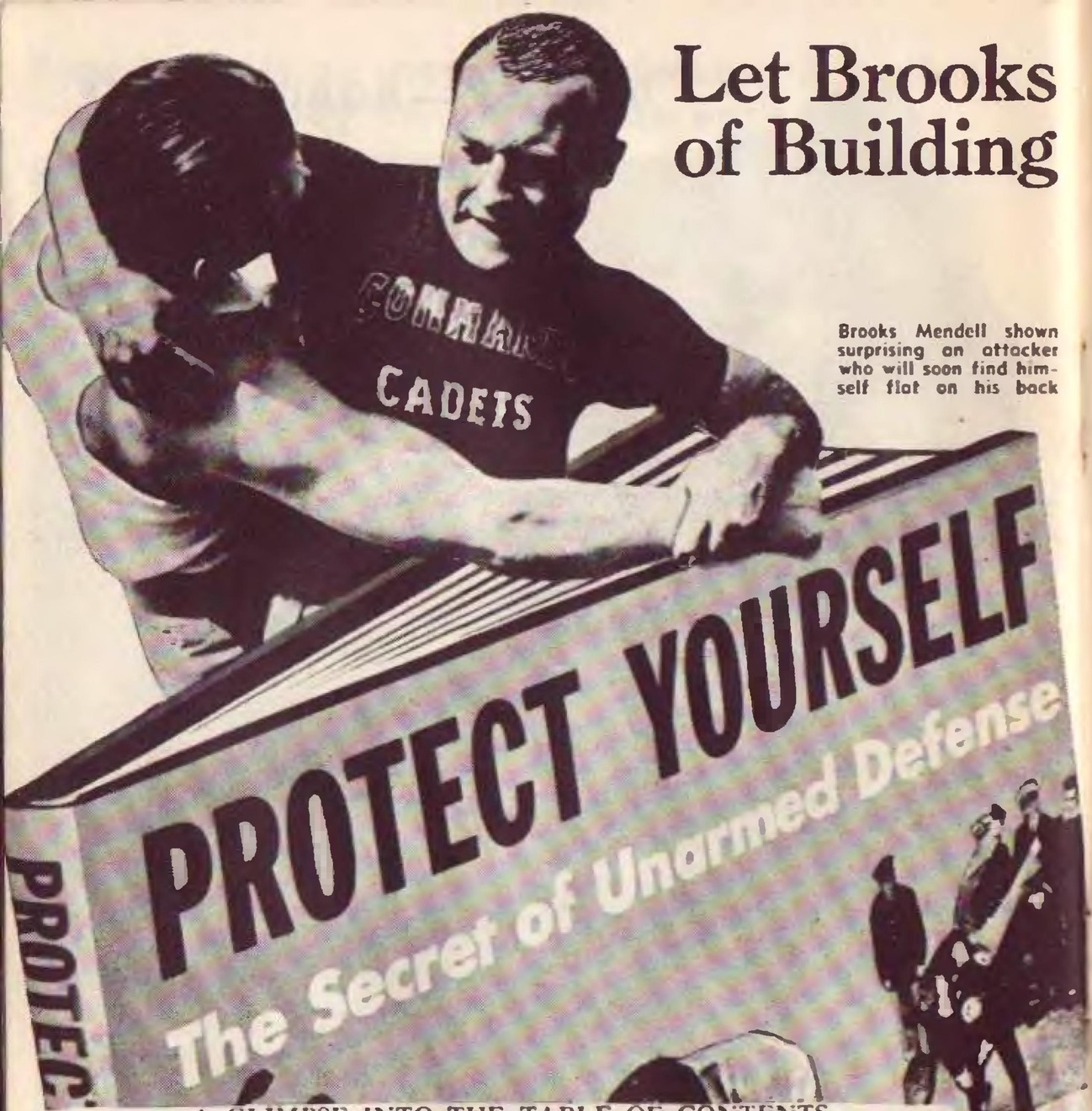
Basically the same for all ages this training can be adapted to any age-group, under any conditions. War, sports, rehabilitation of the disabled — variations of the "I-do" system will work for all.

DEFENSE — AGAINST KNEE

The crippling groin kick — thwarted.

"Know How" to Protect yourself against kicking, kneeing or any other physical attack . . .

Let Brooks of Building



Brooks Mendell shown surprising an attacker who will soon find himself flat on his back

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Mendell Show You the Secret Self-Confidence and Courage

ANY attacker — regardless of how big or powerful — has 37 "weak-spots." When you KNOW *where* they are and *what* to do, you just use a little pressure on any one of these 37 — and your opponent is at your mercy!

EVEN in ORDINARY times you need some method of self-protection. But THESE are violent times — not merely abroad, but HERE. Juvenile delinquency has increased. Every day we read of "mugging attacks" and surprise assaults by "mashers," hoodlums, and bullies. The man or woman who knows what to do in any emergency — knows how to defend himself with bare hands — has a power that will enable him to defeat any attack.

AND NOW, it's easy to learn the simplest method ever discovered for warding off any assailant, regardless of his size or strength — disarming anyone who threatens you with knife, club, or any other weapon — defending yourself from any direction, even when lying on your back. This amazing new method was developed by Brooks Mendell, the famous commando teacher. It is called "I-do" and it is sweeping the country!

You also become a member of the "Commando Cadets" when you purchase "Protect Yourself." It is de-luxe cloth bound in one big volume (9" x 12" containing over 325 action photographs and complete explanatory text.)

Retail Value $2.75

Special Members' Price

$1.98

Brooks Mendell will autograph your book personally to you.

Send your check or money order to; American Physical Fitness Institute 30-14 37th St., Long Island City, N. Y.

In cash — $2.00 — we pay all charges.

Mail Today!

Stops Judo and Ju-Jitsu Experts In Their Tracks

"I-DO" is so simple that mere youngsters all over the nation are learning it. Yet no Judo or Ju-Jitsu expert, no wrestler or boxer, is able to stand up against it. Yet (unlike these other methods) you do not have to be an expert athlete in order to protect yourself with it!

This new method works as easy as a push-button — whether you are a boy or the frailest of women. You simply exert pressure, in the right way, on any one of the 37 special "weak-points" on your opponent's body — and he folds! No matter how small or unmuscular YOU are, no matter how big and strong HE is! One of your fingers — the palm, or the blade, or the heel of your hand — a touch of your knee-cap — instantly becomes more powerful than his approaching fist or any weapon he comes at you with! His superior weight, height, or strength merely makes him even more easy for you to disarm or to throw, as a terrier throws a rat.

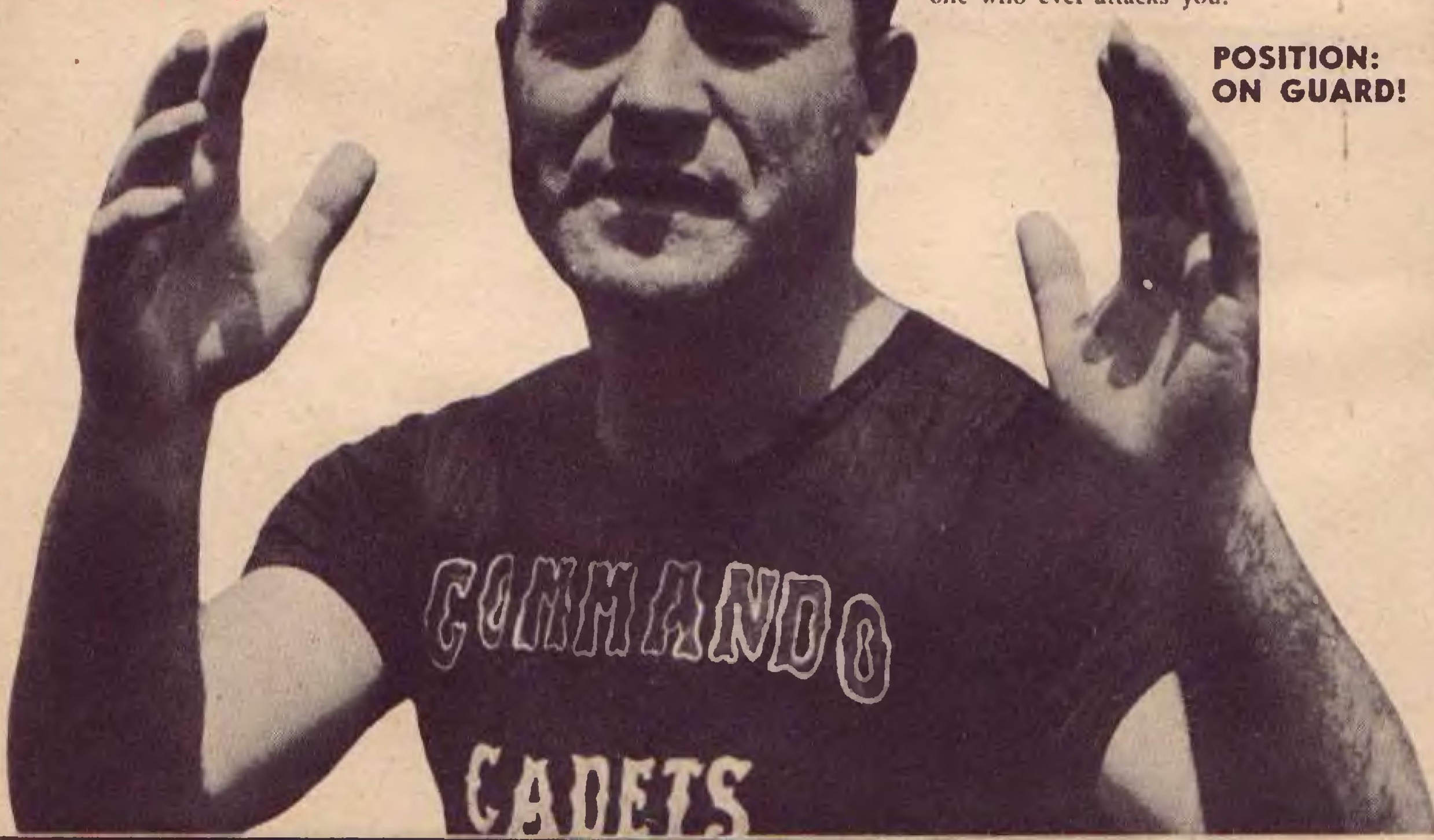
This book puts a new "secret weapon" into YOUR hands. Clearly and simply — and with OVER 325 actual step-by-step photographs — it makes you superior, in any emergency, to anyone who ever tries to bully, molest, or assault you. This new ability to protect yourself through I-do will free you of all fear, and your whole personality will reflect your new selfconfidence, alertness, and poise. And if you have a son or daughter going in the service, or if any of your family have to travel at night — this is the easy-to-learn method that will save them if attacked!

YOUR HANDS ... SECRET WEAPONS!

by BROOKS MENDELL

"Health Through Sports" Library Series

"Danger! Highly Explosive!"

John Kieran, the columnist and expert of "Information Please," said, at the end of a long article about Brooks Mendell: "He should be carrying a label reading 'Danger! Highly Explosive!' " And in his new book, "Protect Yourself," Brooks Mendell shows YOU how to rate the same label — to anyone who ever attacks you!

POSITION: ON GUARD!